

Zoom! Whitening

By choosing ***Zoom!*** in-office whitening, you have taken the first step to a more beautiful smile. Zoom! is the safest, most rapid and efficient whitening method available today. Combined with the take-home custom whitening trays we have made for you, you'll be able to achieve and maintain your brighter smile.

To maximize the benefits of your whitening procedure, **please follow these guidelines:**

1. Avoid staining foods and agents such as tea, coffee, juices, wine and smoking for 48 hours.
2. Sensitivity during the first 48 hours is normal and will dissipate. Using a desensitizing toothpaste (e.g. Sensodyne) can also be helpful in eliminating sensitivity.
3. Motrin (400mg) and Tylenol (1000mg) in combination is a very effective analgesic, and may be taken up to 4 times per day.
4. To achieve the **best results**, use your custom whitening trays for 1-2 hours per day over the next 2-4 weeks.
5. After completing your whitening, use your custom trays for 1-2 hours as frequently as once per week to maintain your brightness.